

Louisville Recreation Center Aquatics Program Pool

	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				SATURDAY				SUNDAY				
LANES	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	LANES
5:45 AM	LAP SWIM				LAP SWIM				LAP SWIM				LAP SWIM				LAP SWIM												5:45 AM
6:00 AM																													6:00 AM
7:00 AM	LAP SWIM				LAP SWIM				LAP SWIM				LAP SWIM				LAP SWIM				LAP SWIM				7:00 AM				
8:00 AM																					LAP SWIM				8:00 AM				
9:00 AM	SWIM LESSONS 8:25AM-11:30AM				SWIM LESSONS 8:25AM-11:30AM				SWIM LESSONS 8:25AM-11:30AM				SWIM LESSONS 8:25AM-11:30AM				OPEN SWIM				SWIM LESSONS 8:25AM-12:00PM				LAP SWIM				9:00 AM
10:00 AM	8:25AM-11:30AM				8:25AM-11:30AM				8:25AM-11:30AM				8:25AM-11:30AM				AQUA Vitality				8:25AM-12:00PM								10:00 AM
11:00AM													10:30-11:30												11:00 AM				
12:00 PM					WATER MAT YOGA 12:00-1:00pm								WATER MAT YOGA 12:00-1:00pm								L A P				12:00 PM				
1:00 PM	OPEN SWIM				OPEN SWIM				OPEN SWIM				OPEN SWIM				OPEN SWIM				S W I M				1:00 PM				
2:00 PM																									2:00 PM				
3:00 PM																									3:00 PM				
4:00 PM	MINI'S								MINI'S								MINI'S				CARDIO DEEP Log Shallow				4:00 PM				
5:00 PM					SWIM LESSONS 4:00PM-7:15PM								SWIM LESSONS 4:00PM-7:15PM				TONE & FLEX DEEP Log Shallow				Close 5:45				Close 5:45				5:00 PM
6:00 PM	TONE & FLEX DEEP Log Shallow								TONE & FLEX DEEP Log Shallow																6:00 PM				
7:00 PM	WATER MAT YOGA/ FIT 7:15-8:15 pm								WATER MAT YOGA/ FIT 7:15-8:15 pm																7:00 PM				
8:00 PM	OPEN SWIM				OPEN SWIM				OPEN SWIM																8:00 PM				
9:00 PM	Close 8:45				Close 8:45				Close 8:45				Close 8:45												9:00 PM				

KEY

LAP SWIM

OPEN SWIM

contact
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